

2022 JM Girl's Track and Field	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
March 14th-20th (Week 1)	Short Run 2-3 miles Expectations for season printed schedule Introductions	Easy Run + strides	Recovery + lifting 4:30pm-5pm	Easy Run + strides	Recovery + lifting 4:30pm-5pm	Long Run (on your own)	OFF
March 21st-27th (Week 2)	Easy Run + strides	Recovery	Easy Run + strides + lifting: 4:30pm-5pm	Long Run	Recovery Run + lifting 4:30pm-5pm	OFF	OFF
March 28th-April 3rd (Week 3)	Workout + strides	Recovery Run	Easy Run + lifting 4:30pm-5pm	Recovery Run + strides	Recovery Run + lifting 4:30pm-5pm	Long Run (captain lead)	OFF
April 4th-10th (Week 4)	Time Trial + recovery run	Recovery	Workout + 6 strides	Pre-meet for Varsity/ Recovery for JV	MSU Mankato Indoor Relays (Varsity Only) Workouts for JV + lifting for JV	OFF	OFF
April 11th-17th (Week 5)	Workout + strides	Recovery + strides	Easy+ strides + lifting	Workout	Recovery + strides + lifting	OFF	Easy Run (on your own)
April 18th-24th (Week 6)	Northfield Meet	Recovery + strides	Workout + 6 strides + lifting	Pre-meet for Varsity/ Recovery for JV	Austin Invite (Varsity Only)	LR (captain lead)	OFF
April 25th-May 1st (Week 7)	Pre-Meet	John Marshall Meet	Recovery + strides + lifting	Workout	Recovery + lifting	LR + strides (captain lead)	OFF
May 2nd-8th (Week 8)	Pre-meet	Red Wing Meet	Pre-meet for Varsity/ Recovery Day for JV + lifting	Mayo Invite (Varsity Only) Easy Day for JV	Varsity: Recovery + lifting JV: Workout	LR (Varsity Only) JV - day off	Special Olympics @ JM/ Mother's Day
May 9th-15th (Week 9)	Pre-meet?	Section 1AAA True Team @ Lakeville South	Pre-Meet for Varsity/ JV: Workout + lifting	All City @ JM (Varsity) Pre-meet for JV	All City @ Century (JV) Recovery for Varsity + lifting	60-70 mins LR + 8 strides (captain lead)	OFF
May 16th-22nd (Week 10)	Pre-meet	Winona Meet	Recovery Run + lifting	Workout	Recovery + lifting	OFF	Pre-meet (on your own)

May 23rd-29th (Week 11)	Fairbault Meet	Recovery Run	Pre-meet	Big 9 Meet @ Red Wing	Recovery + lifting	Workout	OFF
May 30th-June 5th (Week 12)	Memorial Day (Practice: Workout for Varisty)	Awards	Pre-meet	Section 1AAA @ Lakeville South	Recovery	Section 1AAA @ Lakeville South	OFF
June 6th-12th (Week 13)	?	?	?	State Meet	State Meet	State Meet	OFF